

ULTRA RECIPE



STRONGER AEROBIC BASE
OPTIMIZE AEROBIC ADAPTIONS.
BUILD GUT RESILIENCE

STABLE HIGH-INTENSITY FINISHES
HIGH-INTENSITY GLYCOGEN PRESERVATION
AND FUEL EFFICIENCY

STRONG RESILIENT GUT
TRAINED GUT RESILIENCE. RAPID CARBOHYDRATE GUT TRANSIT

NIGHT BEFORE

PROTEIN: Fish, Chicken, Eggs, Sushi

STARCH: Small-serve complex form. Cooked, and then slightly cooled. Rice. Sweet Potato. Small piece of fruit, with 2-3 Tbsp plain Greek yoghurt.

AVOID: Alcohol, desert, juices, sodas, ice-cream, caffeine.

PREP: Add **ZONE 4** powder to ~30-50Gr/Hr into softflasks - roll&band. Prep your race-day solid fuels (training tested).



RACE MORNING

PREPARE: SFuels **BULLET** or softflask with 2 serve **PRIMED** sachets w/water (hold in your race belt, vest, or race suit). If race >6hrs, have 2nd & 3rd 2 serve **PRIMED** soft flask also prepared

BREAKFAST: Easy Protein, little fat. Eggs. SFuels Cereal/Milk-cream, SFuels **LIFE** bar. Coffee, Tea (tested in Training) or water.

START EASY: 1-2hrs Pre Race-Start sip 1-serve SFuels **ZONE 2** in throw-away bottle.

AVOID: High-carb cereals, breads, baking. Juices, candy, gels



DURING RACE

RACE START: 1st 10mins Relax into your race-pace.

30-60 MINS INTO RACE: Begin to target 30-60Gr/Hr of **ZONE 4** drink, or **ZONE 5** Gel. Sip every 10-15mins. Use/take salt capsules separately.

SOLID FOOD: Take as needed, ideally from 2Hrs in. Minimize simple sugar/candy. Focus on whole foods (soups, sandwiches, rice, fruit, potatoes, cheese, cold meats, **LIFE** Bar).

PRIME AS NEEDED: Take 2-serves **PRIMED** ahead of more challenging, high-intensity race-periods. Time Caffeine to backend of race, to avoid over ambitious race starts.

